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A Study of Relationship Between Emotional Intelligence and Academic Anxiety Amongst Sri Lankan Undergraduates

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It is important to study the emotional Intelligence level of individual and how this emotional Intelligence on play a paramount role to surmount high academic anxiety. A moderate level of academic anxiety in Undergraduates incentivizes them to work strenuously and provides them with its positive consequences But elevated academic anxiety can weaken learners' performance in several ways. It affects their phrenic process that leads to breakdown in their cognition process. The present study, first of its kind in the country, was conducted to ascertain the Relationship between emotional Intelligence and academic anxiety amongst Sri Lankan Undergraduates. Descriptive survey method is used to ascertain the relationship between emotional Intelligence and academic anxiety In the present study, 200 final year Undergraduates (100 Males & 100 Females) from the western province of Sri Lanka were being taken through random Sampling Method. Descriptive survey method was used to find out the relationship between Emotional Intelligence and Academic Anxiety. Emotional Intelligence Inventory (Mangal, S.K. & Mangal, S.) and Academic Anxiety Scale for Children (Singh, A.K. & Gupta A.S.) were utilized as data collection tools of the present research. Mean, Standard Deviation, T-test and product moment correlation were utilized as statistical techniques. Results denote that there is no significant correlation between Emotional intelligence and Academic Anxiety of the Undergraduates as whole and also no significant difference exists between Emotional intelligence of male and female undergraduates. The findings will help psychologists, parents, college, guidance workers and counselors and also for educational administrators.

Key Words: *Academic Anxiety, Emotional Intelligence, Undergraduates*

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